



## Pyramid Karate

317-464-7557

Karate instruction is now being offered through the Lawrence Parks Department by David Baldock. David began his studies of karate in 1984 and holds a 5th degree black belt in Seito Matsumura Shorin Ryu Karate. David is a former Marine Corps Drill Instructor who has a unique style of teaching. Karate training provides confidence, discipline, overall body workouts that tone all muscle groups and is one of the world's greatest stress relief activities. Classes are for men, women and children ages 4 and up.

### **Mondays and Thursdays**

5:00 - 5:45 Mighty Mites (age 4-6)

6:00 - 6:45 Youth (age 7-12)

7:00 - 8:00 Adult

As an Indiana State employee you and your family members and friends will receive \$15 dollars off your monthly dues each month.

Please contact David directly for information about the program at 317-464-7557 or [ds.baldock@yahoo.com](mailto:ds.baldock@yahoo.com).